

Claims:

1. A stationary exercise bicycle comprising:

(a) a frame having a front and a rear ground support element and a front socket and a rear socket;

5 (b) a pedal mechanism on said frame;

(c) a seat socket connected to the rear socket;

(d) a seat mounted on the seat socket at a level above the pedal mechanism, the seat being mounted for movement fore and aft relative to the seat socket and upwardly and downwardly relative to the pedal mechanism.

10 2. A stationary exercise bicycle comprising:

(a) a frame having a front and a rear ground support element and a front socket and a rear socket;

(b) a seat socket connected to the rear socket;

(c) a pedal mechanism on said frame;

15 (d) a handlebar mounted in the front socket, said handlebar including at least two different handle means, the one handle means including spaced apart and outwardly directed elements and a second handle means including an element inwardly located relative to the first handle means.

20 3. A bicycle as claimed in claim 2, wherein the outwardly directed handle means have forwardly extending prongs directed axially away from the seat socket, the

axially directed prongs being connected with a lateral bar of the handlebar at one end and being free at an opposite end.

4. A bicycle as claimed in claim 2, wherein the inner handle means is at least part of a closed ring, the ring being located between the outer handle prongs, and the  
5 ring being connected to a lateral bar of the handlebar.

5. A bicycle as claimed in claim 4, wherein the closed ring is a semi-circle and wherein the axis for the semi-circle is located substantially about midway through the lateral bar of the handlebar.

6. A bicycle as claimed in claim 2 having a seat mounted on the seat socket at a level above the pedal mechanism, the seat being mounted for movement fore and aft relative to the seat socket and upwardly and downwardly relative to the pedal mechanism.

7. A stationary exercise bicycle comprising:  
(a) a frame having a front and a rear ground support element and a  
15 front socket and a rear socket;  
(b) a seat socket connected to the rear socket; and  
(c) a pedal mechanism on said frame;  
the frame comprising at least multiple upstanding posts, the posts inter  
engaging to form at least one triangulated structure between the ground support  
20 elements and one of the sockets.

8. A bicycle as claimed in claim 7 including at least two triangulated structures between the sockets, the two triangulated structures having at least one common upstanding post forming at least one wall of the triangulated structure.

9. A bicycle as claimed in claim 8, wherein one of the triangulated structures includes an arm intended to mount the pedal mechanism.

10. A bicycle as claimed in claim 8, wherein the upstanding posts form part of the triangulated structure, and wherein the upstanding posts are all located at a non-horizontal, non-vertical axis.

11. A stationary exercise bicycle comprising:  
(a) a frame having a front and a rear ground support element, a front and a rear socket;

(b) a seat socket connected to the rear socket; and

(c) a pedal mechanism on said frame;

wherein at least part of the front socket, rear socket, or seat socket are formed with a hollow member having a cross section being non-cylindrical.

12. The bicycle as claimed in claim 11, wherein the hollow member is of a polygonal cross section.

13. The bicycle as claimed in claim 12, wherein the polygonal cross section is substantially square.

14. A stationary exercise bicycle comprising:

(a) a frame having a front and a rear ground support elements, a front and a rear socket;

(b) a seat socket;

5 (c) a pedal mechanism on said frame, the pedal mechanism including a cog operative with an endless chain having slots for engagement with the cog; and

(d) a ring guard protective of at least the interaction of the teeth of the cog with the endless chain, the ring guard being located internally of the perimeter defined by the endless chain.

10 15. The bicycle as claimed in claim 11 or 14 having a seat mounted on the seat socket at a level above the pedal mechanism, the seat being mounted for movement fore and aft relative to the seat socket and upwardly and downwardly relative to the pedal mechanism.

15 16. The bicycle as claimed in claim 11 or 14 having a handlebar mounted in the front socket, said handlebar including at least two different handle means, the one handle means including spaced apart and outwardly directed elements and a second handle means including an element inwardly located relative to the first handle means.

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